



WHATSheATE



Chocolate-Peanut Butter Fun Cake

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.8 ounces bittersweet chocolate chopped
- ☐ 0.8 cup natural cocoa powder unsweetened
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup egg whites (from 2 large eggs)
- ☐ 1.3 cups flour all-purpose
- ☐ 16 servings kosher salt
- ☐ 0.3 cup roasted pinenuts unsalted dry chopped
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted chilled cut into 1/4" cubes ()
- ☐ 1.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

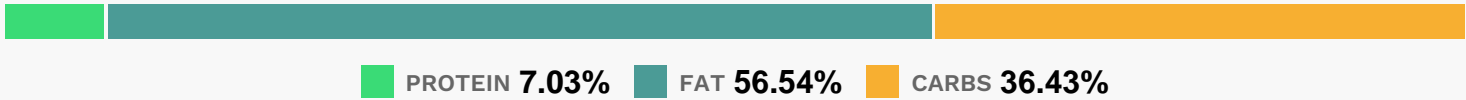
Directions

- ☐ Preheat oven to 350°F. Coat bottom and sides of pan with nonstick spray; line bottom of pan with parchment paper.
- ☐ Whisk flour and next 4 ingredients in a large bowl.
- ☐ Add oil, vanilla, and 1 1/4 cups water; whisk until smooth. Fold in chopped chocolate.
- ☐ Scrape into prepared pan; smooth top.
- ☐ Bake until a tester comes out clean when inserted into center, 35–40 minutes.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Combine sugar and egg whites in a medium metal bowl set over a saucepan of simmering water.
- ☐ Whisk constantly until sugar dissolves and mixture is hot to the touch, 3–4 minutes.
- ☐ Remove from heat; using an electric mixer, beat on high speed until cool and thick, 5–6 minutes. Beat in vanilla, then peanut butter. With mixer running, add butter a few pieces at a time, beating to blend between additions. Season with salt.

- ☐
- Run a thin knife around pan to release cake. Invert cake onto a serving plate.

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Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:9.85, Inflammation Score:-3, Nutrition Score:5.848695654746%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 195.82kcal (9.79%), Fat: 13.03g (20.05%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 16.62g (6.04%), Sugar: 8.05g (8.94%), Cholesterol: 11.47mg (3.82%), Sodium: 287.85mg (12.52%), Alcohol: 0.13g (100%), Alcohol %: 0.38% (100%), Caffeine: 11.94mg (3.98%), Protein: 3.64g (7.29%), Manganese: 0.51mg (25.47%), Copper: 0.25mg (12.64%), Magnesium: 40.4mg (10.1%), Fiber: 2.27g (9.1%), Iron: 1.41mg (7.81%), Vitamin K: 8.13µg (7.75%), Phosphorus: 75.85mg (7.58%), Selenium: 5.18µg (7.4%), Vitamin B3: 1.33mg (6.63%), Vitamin E: 0.99mg (6.62%), Vitamin B1: 0.09mg (6.3%), Folate: 23.65µg (5.91%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.67mg (4.47%), Potassium: 132.8mg (3.79%), Vitamin A: 133.36IU (2.67%), Vitamin B6: 0.03mg (1.52%), Calcium: 12.61mg (1.26%), Vitamin B5: 0.12mg (1.25%)